

Chop'd allergen matrix

13/02/2019

V15

SALADS	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Falafel & hummus	GLUTEN, SESAME	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, baked falafel (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes) Hummus (chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate), COUS COUS (gluten), dried mint, tomato, sesame seeds pomegranate & mint
Chicken & avocado	n/a	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, roast chicken, avocado, kidney beans, butter beans, borlotti beans sunflower seeds, parsley
Parma ham & mozzarella	GLUTEN, TREE NUTS, MILK	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, parma ham, mozzarella (milk), fusilli pasta (wheat flour), sunblushed tomato, Pesto (Basil Paste, Sunflower Oil, Salt, Antioxidant [Ascorbic Acid], Acidity Regulator [Lactic Acid]. Sunflower Oil, Crumb Grated Vegetarian Hard Cheese (Milk), Salt, Microbial Rennet, Garlic Puree), pine nuts & basil
Jerk chicken	n/a	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, roast chicken, jerk paste (rapeseed oil, ginger, garlic, lemon juice, dried red chilli, black pepper, salt, cinnamon, bay leaf), roast red peppers, baked sweet potato, coriander
Chop'd classic cobb	EGG, MILK	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, roast chicken, bacon, free range boiled egg (egg), blue cheese (milk), sweetcorn, chives
Feta, sweet potato & pomegranate	MILK	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, feta cheese (milk), puy lentils, sweet potato, pomegranate, flatleaf parsley, mint

SALADS (cont.)	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Onion bhaji	GLUTEN	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, brown rice, broccoli, radish, carrot, lemon juice, onion bhaji (Onions (81%), Rapeseed Oil, Gram Flour Potato Starch, Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Thiamine, Nicotinamide], Sugar, Lemon Juice, Green Coriander, Salt, Cumin Powder, Coriander Powder, Cumin Seeds, Chilli Powder, Raising Agent (Soda Bicarbonate), Turmeric Powder, Black peppooer), mango chutney (Sugar, Mango 46%, Acidity Regulator: [E260], Spices (Chilli, Ginger, Garlic, Paprika), pickled beets kraut (White Cabbage (64%), Whole Beets (32%), Sea salt, Ginger, Turmeric, coriander seed), tomato, coriander
Jackfruit taco	GLUTEN, SOYA	Cos & iceberg lettuce, borlotti beans, avocado, jackfruit in brine, jerk paste (rapeseed oil, ginger, garlic, lemon juice, dried red chilli, black pepper, salt, cinnamon, bay leaf), vegan cheese (water, coconut oil, modified starch (potato & corn), starch (corn), sea salt, flavourings, preservative: sorbic acid, colour: B-carotene, vitamin B12), jalapeno peppers, pomegranate, coriander, soya yoghurt (Water, Hulled Soya Beans (7.9%), Sugar, Calcium (Tri-Calciumcitrate), Stabiliser (Pectin), Acidity Regulators (Sodium Citrate, Citric Acid), Flavouring, Sea Salt, Antioxidants (Tocopherol-Rich Extract, Ascorbyl Palmitate), Yogurt Cultures (S. Thermophilus, L. Bulgaricus), Vitamins (B12, D2)), beetroot tortilla wrap (Wheat flour (59%), water, refined rapeseed oil, humectant: glycerine, baking mix (glucose, salt, raising agents: disodium diphosphate, sodium bicarbonate; emulsifier: mono-and diglycerides of fatty acids; acidity regulators: malic acid, citric acid; stabilizer: xanthan gum; preservatives: calcium propionate, potassium sorbate), black carrot concentrate, beetroot powder (0,6%), natural beetroot aroma (0,2%))
Raw shiitake satay	SOYA, PEANUT, GLUTEN	Brown rice, deli leaf mix (rocket, spinach, red chard), broccoli, radish, carrot, lemon juice, tofu (soya), satay SAUCE (Coconut Milk (56%)(Coconut Extract 53%, Water, Antioxidant : Citric Acid), Peanut Butter (PEANUT , Brown Cane Sugar, Palm Oil, Sea Salt)(18%), Onion (14%), Soy Sauce (5%)(Water, SOYBEANS, WHEAT , Salt), Brown Sugar (3%), Rapeseed Oil (3%), Garlic (1%)), shiitake mushroom, soy sauce, (Water, SOYBEANS, WHEAT , Salt), argave nectar (argave nectar, water), mint, spring onion
Avocado & freekah	TREENUTS, GLUTEN	Mixed leaf (cos, iceberg, rocket, spinach), carrot, beetroot, Freekah salad (cooked freekah (water, wheat), cauliflower, harra sauce (water, sugar, red pepper, rapeseed oil, acidity regularot (acetic acid), spices (all spice, cardamom, red chilli, turmeric, ginger, cumin), modified maize starch, salt, herbs (coriander, parsley), concentrated lemon juice, coriander extract, lemon oil), sultanas (sultanas, sunflower oil), water, spring onions, mint, parsley, concentrated lemon juice, salt, black pepper, preservative (sodium sorbate), sweet potato, avocado, sun blushed tomatoes, pinenuts (treenuts), basil

STEWES	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Chocolate chilli	CELERY, SOYA, GLUTEN, MILK	Brown rice, chilli con carne (Tomato (26%), Beef Mince (24%), Water (14%), Red Kidney Beans (11%), Onion (7%), Carrot (5%), Red Pepper (4%), Tomato Puree (3%), Tomato Sauce (2%)(Tomatoes (148g per 100g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contain CELERY), Spice), Soy Sauce (2%)(Water, SOYBEANS, WHEAT Salt), Rapeseed Oil (1%), Chicken Bouillon (1%) Starch (Potato, Pea), Salt, Sugar, Flavourings, Maltodextrin, Chicken Fat (3%), Yeast Extract, Chicken (2%), Spices (Garlic Powder, Turmeric), Onion Juice Concentrate, Sunflower Oil, Antioxidant (Extracts of Rosemary), Garlic (1%), Cocoa, Rosemary, Coriander, Cumin, Paprika, Chipotle, Pepper, Salt), avocado, jalapeno peppers, cheddar cheese (milk), tortilla chips, sour cream (milk), coriander
Thai red chicken curry	n/a	Brown rice, spincanh, Thai red curry (Water, Red Thai Paste 12% (Onions, Rapeseed Oil, Garlic, Red chilli puree, Lemon grass, Red peppers, Lime Leaves, Galangal puree, Salt, Sugar, Coriander, Basil, Parsley, Chilli powder, White pepper, Cumin powder), Sweet Potato (10%), Red Peppers (10%), Baby corn (10%), Carrots (10%), Onions (10%), Coconut Cream (10%) Tomato Paste (2%), Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Lime juice), roast chicken, sweet corn, coriander
Chicken katsu	EGG, MILK, GLUTEN, SOYA, CELERY	Breaded chicken breast (chicken breast, egg, milk , plain flour (wheat flour), panko breadcrumbs (wheat flour)), supergrain (red rice, puy lentils, quinoa), carrot, red cabbage, balsamic vinegar, curry sauce (water, Java curry block (vegetable oil (palm oil, rapeseed oil), wheat flour, sugar, salt, curry powder (turmeric, coriander, cumin, fenugreek, cinnamon, fennel, red pepper, dill, dried tangerine peel, spices) corn starch, onion powder (onion flakes), soybean powder, glucose, maltose, dextrin garlic powder (dried garlic, defatted soybean , glucose, maltose), E621, E631, E627, E150a, yeast extract, E473, E471, soybean paste (soybean , salt, rice), defatted soybean , E296, E330, red pepper, fermented wheat , seasoning (wheat yeast extract, dextrin, flavourings)), carrot, potato, onion, rapeseed oil, celery), spring onion, edamame beans (soya)
Squash stew w/ caramelised onions	n/a	Butternut squash & spinach stew (Water 35%, Coconut Milk 19%, Red Lentils 10%, Potato 5%, Butternut 5%, Onion 5%, Cauliflower 4%, Spinach 4%, Chickpea 3%, Garlic 2%, Ginger 2%, Lemongrass 2%, Cornflour 1%, Vegetable Oil 1%, Red Chilli 1%, Ground Coriander, Turmeric, Cardamom, Vegetable Bouillon (Sea salt, Maltodextrin, Rice flour, Vegetables 7.2%, Yeast extract, Sunflower oil, Parsley, Turmeric), Salt), supergrain (red rice, puy lentils, quinoa), caramelised onion (red onion, brown sugar), flatleaf parsley
Moroccan chicken stew	CELERY, SULPHITES, GLUTEN	Moroccan stew (water (40%), Chicken (9%), Onion (7%), Carrot (7%), Chickpeas (6%), Sweet Potato (6%), Potato (5%), CELERY (4%), Tomato Puree (4%), Apricots (3%), Raisins (2%), Lemon (SULPHITES) (1%), Rapeseed Oil (1%), Chicken Bouillon (1%)(Starch (Potato, Pea), Salt, Sugar, Flavourings, Maltodextrin, Chicken Fat (3%), Yeast Extract, Chicken (2%), Spices (Garlic Powder, Turmeric), Onion Juice Concentrate, Sunflower Oil, Antioxidant (Extracts of Rosemary), Garlic (1%), Chipotle Chilli, Caraway Seeds, Coriander, Cumin, Cornflour, Salt, Pepper, Cinnamon, Parsley), couscous (wheat), roast chicken, pomegranate, mint
Macaroni cheese	MILK, GLUTEN,	Supergrain (red rice, puy lentils, quinoa), kale, tomatoes, mac & cheese (Whole MILK (33%), Soft Cheese (MILK) (26%), Macaroni Pasta (GLUTEN) (23%), Cheddar Cheese (MILK) (5%), Butter (MILK), Flour (GLUTEN) (3%), Parmesan (MILK) (3%), Mushroom Ketchup (2%)(Water, Salt, Spirit Vinegar, Mushroom Powder (3%) Barley Malt Extract, Spices), Red Onion (2%), Salt, Red Chilli, Rosemary), soured red onions (onions, spirit vinegar)
		Our stews are made in a kitchen that also handles: cereals containing Gluten (wheat, barley, oats, spelt), milk, egg, celery, fish, mustard, crustaceans, sesame, soya, sulphites, peanuts, tree nuts & molluscs

SOUPS	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Chicken gumbo	CRUSTACEANS, MILK	Chicken, prawns (crustaceans), chorizo (pork (91.2%), lactose , salt, dextrin, paprika, caseinate, dextrose, garlic, emulsifier (E-450), spices, antioxidant (E-301), preservatives (E-250, E-252), brown rice, tomato, Sriracha chilli sauce (chilli, sugar, water, garlic, flavour enhancer (E621), acetic acid, salt, stabiliser (E416), preservative (E202), colour (paprika), tarragon
Chicken ramen	EGG, GLUTEN, SOYA	Udon noodles (wheat flour, water, modified tapioca starch, salt, acidity regulator, (Water, E270, E260, E325, E355)), chicken, egg , sweetcorn, edamame beans (soya), spinach, spring onion
Shitake mushroom	SOYA	Pak choi, glass noodles, broccoli, green beans, shitake mushroom, tofu (soya), spring onion, coriander, Sriracha chilli sauce (chilli, sugar, water, garlic, flavour enhancer (E621), acetic acid, salt, stabiliser (E416), preservative (E202), colour (paprika)
Korean veg dumpling	SOYA, GLUTEN, SESAME	Pak choi, glass noodles, broccoli, green beans, Korean vegetable dumplings (wheat flour (gluten), water, leek, konjac, soya protein (soya), cabbage, tofu (soya), vermicelli, shortening (palm oil), green onions, seasoned onion liquid, corn oil, refined salt, corn tapioca starch, soy bean sauce (soya), sugar, flavour enhancer (E621), emulsified oil, garlic, sesame oil, black pepper, flavour enhancer (E627, E631), caramelised onions (red onions, brown sugar), coriander, basil, red chilli
BEEF PHO	n/a	Pak choi, glass noodles, broccoli, green beans, carrot, roast beef, coriander, spring onion, basil, red chilli
CHICKEN SATAY	GLUTEN, PEANUT, SOYA	Ramen noodles (wheat flour, water, modified tapioca starch, salt, acidity regulator, (Water, E270, E260, E325, E355)), roast chicken, satay sauce (Coconut Milk (56%)(Coconut Extract 53%, Water, Antioxidant : Citric Acid), Peanut Butter (PEANUT , Brown Cane Sugar, Palm Oil, Sea Salt)(18%), Onion (14%), Soy Sauce (5%)(Water, SOYBEANS , WHEAT , Salt), Brown Sugar (3%), Rapeseed Oil (3%), Garlic (1%)), hot & sour pickles (carrot, mooli, scotch bonnet chilli, spirit vinegar), red chilli, spring onion
BROTHS	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Chicken broth	SULPHITES, CELERY	Chicken stock (roasted chicken bones, onions, carrots, leeks, white wine (sulphites), parsley, thyme, garlic), Vegetable stock (water, onion, carrot extract, tomato, celeriac, herbs, spices), salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil, water
Thai broth	SOYA, CRUSTACEANS, FISH	Tom Yum paste (Lemongrass, soybean oil (soya), sugar, shallot, hydrolysed soy protein (soya), dried red chilli, water, garlic, galangai, salt, preservative (E330), tamarind, shrimp paste (shrimp (crustaceans), salt), fish sauce (anchovy (fish)), flavour enhancer (monosodium glutamate), dried shrimp (crustaceans), kaffir lime peel), coconut milk, water
Vegetable broth	CELERY	Vegetable stock (water, onion, carrot extract, tomato, celeriac , herbs, spices), salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil, water
Beef bone broth	SOYA, EGG	Beef bones, chicken bones, chicken fat, pork bones, Hoi Sin (sugar, red miso (soya), rice, salt, water, yeast), soy sauce (water, soya , salt, alcohol), tomato puree, water, rice vinegar, star anise, liquorice, garlic puree, chilli powder), salt, water, flavourings (containing egg), yeast extract, ginger, modified tapioca starch, garlic

WINTER WARMERS	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Apple & bacon	MILK, SULPHITES, MUSTARD	Bacon, goats cheese (milk), apple, puy lentils, sundried tomatoes, carrot, beetroot, deli leaf mix (rocket, spinach, red chard), French dressing (Rapeseed Oil 50%, White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphite)), Water, Dijon Mustard 5.7% (Water, mustard seed, vinegar, salt, acidity regulator: citric acid), Garlic Puree, Salt, Provincale Herbs, Black Pepper, Xanthan gum)
Falafel & hummus	SESAME, MILK	Baked falafel, (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes) Hummus (chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate), red cabbage, jalapeno peppers, carrot, beetroot, deli leaf mix (rocket, spinach, red chard), yoghurt & mint dressing (natural yoghurt (milk), dried mint, lemon), fresh mint
Chicken & chorizo	MILK	Roast chicken, chorizo (Pork (91.2%), lactose , salt, dextrin, paprika, caseinate, dextrose, garlic, emulsifier (E-450), spices, antioxidant (E-301), preservatives (E-250, E-252)), borlotti beans, red onion confit (red onion, brown sugar), carrot, beetroot, deli leaf mix (rocket, spinach, red chard), balsamic dressing (balsamic vinegar, vegetable oil), chives
Jerk chicken	SULPHITES	Supergrain (quinoa, puy lentils, red rice), carrot, beetroot, roast chicken, jerk paste (rapeseed oil, ginger, garlic, lemon juice, dried red chilli, black pepper, salt, cinnamon, bay leaf), roast red peppers, baked sweet potato, deli leaf mix (rocket, spinach, red chard), Mango dressing (mango puree, vegetable oil, white wine vinegar (sulphites), coriander
DRESSINGS	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Blue cheese	MILK, EGG, MUSTARD, SULPHITES, SOYA	Mayonnaise Fat Reduced 30% (Water, Rapeseed Oil (45%), Pasteurised Egg Yolk Powder (2%) (Pasteurised Egg Yolk Powder, Salt Maltodextrin), Water, Buttermilk 15% (Skimmed Milk (cow's), Skimmed Milk powder (cow's) , Cow's Milk Protein Blend (Dynapro) 99.985%, Starter culture (processing aid) 0.0015%), Sour Cream Fat Reduced 6.2% (Milk)[cream (99.98%), starter culture (0.015%)], Dijon Mustard 3.8% [water, Mustard seed, vinegar, salt, acidity regulator citric acid (E330)], Red Wine vinegar [Wine vinegar, concentrated grape must (sulphites)], Olive Pomace Oil (Olive Pomace Oil (51%), Soya Bean Oil (49%)Garlic, White pepper.
Cesar	EGG, MILK, FISH, MUSTARD, SULPHITES	Rapeseed oil 58%, Whole Liquid Egg 12%, Water, Caesar base mix 7.6% (Red wine vinegar [Wine vinegar, concentrated grape must], Dijon mustard [water, mustard seed, vinegar, salt, acidity regulator: citric acid], Garlic puree , Capers , Lemons, Anchovies Paste (Fish) [salted anchovies, olive oil, wine vinegar], Honey, White pepper, Salt). Red wine vinegar [Wine vinegar, concentrated grape must (contains sulphites)], Italian grated hard cheese 4% [unpasteurised cow's milk , salt, starter culture, animal rennet, preservative: Lysozyme from Egg].
French	MUSTARD, SULPHITES	Rapeseed Oil 50%, White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphite)), Water, Dijon Mustard 5.7% (Water, mustard seed, vinegar, salt, acidity regulator: citric acid), Garlic Puree, Salt, Provincale Herbs, Black Pepper, Xanthan gum.

DRESSINGS (cont.)	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .												
Sesame soy	SESAME, SOYA	Rapeseed Oil (40%), Ginger Puree (15%), Tamari (12%) [Water, Soybeans , Salt, Spirit Vinegar], Agave (9%), Rice Vinegar (9%), Balsamic Vinegar (4%) [Wine Vinegar, Grape Must], Sesame Oil (4%), [Sesame Oil, Soy Bean Oil.], Chilli (3%), Garlic Puree, Water, Coriander, Xanthan Gum.												
Ranch	MILK, EGG, SOYA	Mayonnaise Fat Reduced (36%) [Water, Rapeseed oil 45%, Pasteurised Egg Yolks Powder (2%) pasteurised egg yolk powder, salt, maltodextrin), Sugar, Stabilisers (modified maize starch, xanthan gum), Acidity Regulator (Acetic Acid, Lactic Acid), Salt, Preservative (Potassium Sorbate)], Water, Buttermilk (20%) [Skimmed Milk powder, Starter culture] Sour cream (10%), [Milk Cream, starter culture] Water, Spring onions (3%), Onions (2.5%), Garlic Puree, Pomace Olive Oil Blend [Olive Pomace Oil (51%), Soya Bean Oil (49%)], Salt, Pepper,												
Honey & mustard	EGG, MUSTARD, SULPHITES	Rapeseed Oil 50%, Mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regularot (acetic acid), preservative (potassium sorbate), colour (lutein), White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphite)), Water, honey, tarraon, Dijon Mustard 5.7% (Water, mustard seed, vinegar, salt, acidity regulator: citric acid), Garlic Puree, Salt, Provincale Herbs, Black Pepper, Xanthan gum.												
Creamy	EGG, MUSTARD, SULPHITES	Mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regularot (acetic acid), preservative (potassium sorbate), colour (lutein), wholegrain mustard (water, mustard seeds (mustard), spirit vinegar, salt, white wine vinegar (sulphites), sugar, spices, acidity regulator (citric acid)), white wine vinegar (sulphites)												
Pesto	MILK, SULPHITES	Pesto (Basil Paste, Sunflower Oil, Salt, Antioxidant [Ascorbic Acid], Acidity Regulator [Lactic Acid]. Sunflower Oil, Crumb Grated Vegetarian Hard Cheese (Milk), Salt, Microbial Rennet, Garlic Puree), vegetable oil, white wine vinegar, (sulphites)												
Mango	SULPHITES	Mango puree, vegetable oil, white wine vinegar (sulphites)												
Balsamic dressing	n/a	Balsamic vinegar, vegetable oil												
Balsamic vinegar	n/a	Balsamic vinegar												
Lemon juice	n/a	Lemon juice												
Extra virgin olive oil	n/a	Extra virgin olive oil												
Sweet chilli sauce	n/a	Sweet chilli sauce (Sugar, water, pickled red chilli, distilled vinegar, garlic, salt, stabiliser (xanthan gum))												
Yoghurt & mint	MILK	Natural yoghurt (milk), dried mint, lemon												

BREAKFAST POTS	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .																	
Blueberry yoghurt	MILK	Natural yoghurt (milk), blueberries, blueberry puree, honey																	
Raspberry yoghurt	MILK, NUTS	Natural yoghurt (milk), raspberries, raspberry puree, almonds (nuts)																	
Walnut yoghurt	MILK, NUTS	Natural yoghurt (milk), walnuts (nuts), honey																	
Mango yoghurt	MILK, SESAME	Natural yoghurt (milk), mango puree, desiccated coconut, sesame seeds																	
Stewed apple & granola	GLUTEN, MILK, NUTS	Greek yoghurt (milk), stewed apple, honey, granola (toasted oats (gluten), raisins, sunflower seeds, almonds (nuts), hazelnuts (nuts), coconut, apple, vegetable oil, salt)																	
Mixed berries & granola	GLUTEN, MILK, NUTS	Greek yoghurt (milk), mixed berries, honey, granola (toasted oats (gluten), raisins, sunflower seeds, almonds (nuts), hazelnuts (nuts), coconut, apple, vegetable oil, salt)																	
Apple & raspberry muesli	NUTS, SESAME, GLUTEN	Oats (gluten), apple, raisins, mixed seeds (sunflower, linseeds, sesame seeds), orange juice, raspberry puree, almonds (nuts)																	
Blueberry, kiwi & grape muesli	SESAME, GLUTEN	Oats (gluten), kiwi, red grapes, apple juice, blueberry puree, mixed seeds (sunflower, linseeds, sesame seeds)																	
Cranberry & fig muesli	NUTS, SESAME, GLUTEN	Oats (gluten), pear, apple juice, mixed nuts (walnuts, brasil nuts, almonds, cashew nuts, hazelnuts, pecans (nuts), saltanas), dried figs, cranberries, raisins, mixed seeds (sunflower, linseeds, sesame seeds)																	
Mango & coconut muesli	SESAME, GLUTEN	Oats (gluten), banana, mango puree, desiccated coconut, orange juice, mixed seeds (sunflower, linseeds, sesame seeds), raisins																	
Strawberry & coconut muesli	GLUTEN	Oats (gluten), strawberry puree, natural yoghurt, desiccated coconut, sultanas, apple juice																	
Plain porridge	GLUTEN	Pinhead oats (gluten), water																	
		<i>Oats are processed in a factory that also handles other grains containing wheat, spelt, barley & rye</i>																	

SANDWICHES & WRAPS	Quick look	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold .
Chicken Caesar wrap	MILK, EGG, MUSTARD, FISH, SULPHITES, GLUTEN	Roast chicken, bacon, parmesan cheese (milk), Caesar dressing (Rapeseed oil 58%, Whole Liquid Egg 12%, Water, Caesar base mix 7.6% (Red wine vinegar [Wine vinegar, concentrated grape must], Dijon mustard [water, mustard seed, vinegar, salt, acidity regulator: citric acid], Garlic puree, Capers, Lemons, Anchovies Paste (Fish) [salted anchovies, olive oil, wine vinegar], Honey, White pepper, Salt). Red wine vinegar [Wine vinegar, concentrated grape must (contains sulphites)], Italian grated hard cheese 4% [unpasteurised cow's milk , salt, starter culture, animal rennet, preservative: Lysozyme from Egg],) in a 12" wholemeal wrap (Fortified wheat flour, (wheat flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm oil, rapeseed oil), wheat bran, raising agents, (E500, E296, E450i), sugar, stabiliser (sodium carboxymethyl cellulose), salt), Croutons (gluten) , house leaf (cos, iceberg lettuce)
Falafel & Hummus wrap	GLUTEN, SESAME, MILK	Falafel (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes), hummus (Chickpeas, Rapeseed Oil, Water, Tahini (Sesame), Acidity Regulator: Citric Acid, Salt, Garlic, Preservative: Potassium Sorbate), red cabbage, natural yoghurt (milk), mixed leaf (cos, iceberg, rocket, spinach), mint, wholemeal wrap (Fortified wheat flour, (wheat flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm oil, rapeseed oil), wheat bran, raising agents, (E500, E296, E450i), sugar, stabiliser (sodium carboxymethyl cellulose), salt)
Chicken & avocado	EGG, GLUTEN	Chicken, avocado, mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), white bread (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, yeast, palm oil, salt, wheat semolina)
Egg mayonnaise & mustard cress	GLUTEN, EGG, MUSTARD	Free range boiled egg (egg), mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein) mustard cress (mustard) & black pepper on soft white bloomer (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, yeast, palm oil, salt, wheat semolina)
Ham & cheese baguette	MILK, EGG, MUSTARD, SULPHITES, GLUTEN	Gammon ham (Pork leg, salt, dextrose, Emulsifying Salts (E450 Diphosphates, E451 Triphosphates), Antioxidant (E301 Sodium Ascorbate), Preservative (E250 Sodium Nitrate), Emental cheese (milk), Creamy dressing (Mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), wholegrain mustard (water, mustard seeds (mustard), spirit vinegar, salt, white wine vinegar (sulphites), sugar, spices, acidity regulator (citric acid)), white wine vinegar (sulphites)), rocket, spinach, red chard, in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)
Tuna mayo baguette	FISH, EGG, GLUTEN	Tuna (fish), mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), cucumber, rocket, spinach, red chard, in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)
Smoked salmon baguette	FISH, MILK, GLUTEN	Smoked salmon (salmon (fish), salt, smoke), cream cheese (milk), cucumber, rocket, spinach, red chard, in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)
Bacon & egg baguette	EGG, GLUTEN	Free range boiled egg (egg), mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), BACON , in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)

We cannot guarantee that salads made on our build-your-owncounter will be free of allergens. Due to the open nature of the salad counter, it is possible for cross contamination to occur. If you have any special dietary requirements, please ask a member of staff for guidance

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Bases														
House leaf mix (cos & iceberg lettuce)														
Deli leaf mix (spinach, rocket, bulls blood, red chard)														
Brown rice														
White pasta					yes									
Cous cous					yes									
Wholemeal pasta					yes									
Kale														
3 bean mix (Borlotti beans, red kidney beans, butter beans)														
Lentils														
Rice noodles														
Veg items														
Carrot														
Beetroot														
Broccoli														
Mixed peppers														
Roast peppers														
Green beans														
Peas														
Sundried tomato														
Fresh tomato														
Green olives														
Boiled egg			yes											
Cucumber														
Edamame beans													yes	
Jalapenoes														
Red cabbage (red cabbage, balsamic vinegar)														
Sweetcorn														

Deli items	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Chicken														
Turkey (Turkey (typically 98% Turkey meat), Salt, Dextrose, Modified Maize Starch, Gelling Agent: (Carrageenan E407), Stabiliser: (Sodium Triphosphate E451), Paprika extract, Spices)														
Gammon ham (Pork leg, salt, dextrose, Emulsifying Salts (E450 Diphosphates, E451 Triphosphates), Antioxidant (E301 Sodium Ascorbate), Preservative (E250 Sodium Nitrate)														
Bacon														
Chorizo (Pork (91,2%), lactose , salt, dextrin, paprika, caseinate , dextrose, garlic, emulsifier (E-450), spices, antioxidant (E-301), preservatives (E-250, E-252))							yes							
Tuna				yes										
Hot smoked salmon				yes										
Prawns		yes												
Feta							yes							
Parmesan							yes							
Cheddar							yes							
Falafel (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes)														
Hummus (Chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate)												yes		
Avocado														

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Garnish														
Sesame seeds												yes		
Sunflower seeds														
Walnuts										yes				
Croutons					yes									
Tortilla chips														
Red chilli														
Basil														
Chives														
Coriander														
Flatleaf parsley														
Mint														
Steamed eggs & toppings														
Free range liquid egg			yes											
Avocado														
Tomato														
Cheddar cheese							yes							
Feta cheese							yes							
Bacon														
Porridge & toppings														
Porridge. Oats are processed in a factory that also handles other grains containing wheat, spelt, barley & rye					yes									
Blueberries														
Raspberries														
Mixed berries														
Dried cranberries														
Sultanas														
Almonds										yes				
Mixed nuts & raisins										yes	yes			
Coconut														
Walnuts										yes				